1: Tew E-4 (no date) 1950 FT7 Yao FT7

completely exhausted or reduced to a mere trickle. The average annual rainfall over the last ten years is 29·75 in. The shore waters of Lake Pamolombe are well stocked with fish. Both districts are well wooded, with a large variety of timber trees. In the dry sandy soil where the population is unable to live for lack of water, the prevalent type is *tsanya*. A line of foothills from Zomba to Chikala are conserved as Forest Reserves.[1]

MAIN FEATURES OF ECONOMY[2]

The Yao are chiefly agriculturists, and in the old days were also hunters. As they live largely in tsetse-infested areas, they do not keep cattle, except for a few herds near Fort Johnston and Zomba, in Nyasaland, and on the east of Lake Nyasa,[3] in the mountains of the Ruvuma valley around Mataka's.[4]

Abdullah describes a time when the Yao were economically self-sufficient, making their own bark-cloth, weaving, burning herbs for salt, and working iron for the tools they needed. Nevertheless, the tradition of coastward journeys for trading with the Arabs was well developed before the Europeans came to the country. They used to trade cattle and salt from the Manganja and Lomwe for tobacco and hoes, and in exchange for slaves they got from the Arabs gunpowder, guns, swords, beads, coloured cloths, earthenware, and foodstuffs.[5] Slaving expeditions were among the most important activities of the chiefs.[6] The old tradition of the absence of the men from the village owing to these expeditions, is continued in modern times by soldiers and labour migrants to Southern Rhodesia and the Union. These men send back remittances to the area, but the main population is supported by agriculture. Cash is needed for purchasing salt and cloth, for paying certain dues and fines formerly paid in kind—adultery compensation, diviner's and initiation fees—as well as for tax and rent. Consequently, while certain crops, such as tobacco and ground-nuts, are grown for cash, any food crop is liable to be sold in one form or another in local markets or by the roadside.

The food crops are maize, sorghum, finger millet, sweet potatoes, ground-nuts, legumes. Fish is an important article of diet. Eggs are believed to cause sterility and are only eaten by those outside the child-propagating age; milk is disliked and never consumed.[7] *Termite alates* (flying ants) are a much relished food when they come out on nuptial flights. Rice is considered a superior food, and is eaten when possible on ritual occasions.[8]

Tobacco is the main cash crop, with individual production under the supervision of the Agricultural Department. The average cash earned per grower in 1943–4 was £5. 3*s*. This is overwhelmingly an external trade. Ground-nuts, which are sold at government-controlled markets to licensed buyers, bring in only a few shillings a year to the average seller. Women obtain cash by selling beer. At the lake shore the fishing industry is very important. Natives owning big nets are said to make between £20

[1] Murray, 1932, pp. 147–61.

[2] Unless otherwise stated, the information is from J. C. Mitchell, and relates to the Yao of south Nyasaland.

[3] Young, E., 1877, p. 102.

[4] Livingstone, 1874, pp. 72 and 80.

[5] Abdullah, 1919, pp. 10–11, 26–30.

[6] See Livingstone, 1874, p. 68; Young, E., 1877, p. 139; Thompson, 1882, p. 78; Sclater, 1893, p. 422; Maugham, 2, 1929, pp. 86–7; Laws, 1934, pp. 35–7.

[7] Stannus, 4, 1922, p. 34.

[8] Barker, 1934, p. 14.

1: Tew E-4 (no date) 1950 FT7 Yao FT7

and £30 per annum. It is profitable to carry fresh fish inland by bicycle even as far as Blantyre,[1] as the shore price to the retailer is 4*s.* a load, which later may fetch from 16*s.* to 24*s.*[2] Yao on the south-west lake shore grow an excellent quality rice.[3] Rice is also grown near Lake Chilwa, but is mainly sold in the market organized near the lake shore by the Agricultural Department.

Division of Labour

The man builds the house, hunts, fishes, makes the nets, baskets, grain-store, game-traps, and, in the old days, the bark-cloth. He cultivates the tobacco. He cuts down the trees and may help with the hoeing and harvesting. The woman hoes, muds the floor of the hut, sweeps, cooks, brings firewood, draws water, brews beer, makes the pots and pipes.[4]

Land Usage

There are two types of garden in the Yao areas south of Lake Nyasa: one the ordinary garden in which the staples grow, and second, gardens along the stream beds. These latter are especially valuable for providing out-of-season crops. In addition most householders have a few small plots for tobacco and ground-nuts.

The main garden is cultivated by the slash-and-burn method, common in Central Africa. The Yao, unlike the Bemba, garden occupies the whole area cleared. Burning is done just before the rainy season (October–November). The ash and soil are hoed into elongated mounds and grain is planted along the ridges. Gardens may be cultivated for more than five years. In the second and subsequent years of cultivation the stalks and weeds are piled up and burnt. There are signs of soil impoverishment. The gardens are cleared in August, and heaped to dry for burning. After the burning the seeds are planted in late November. By February and March green maize is available to supplement the diet, and by the end of April the crops are ready to be harvested. The maize is stored in wicker containers, while sorghum is stored in the huts on a stand. Cassava is planted in large mounds made by turning the turfs over, so that the roots are outside the mound and the vegetable matter inside. Legumes are planted in smaller gardens, or interplanted with the main crop. Ground-nuts are stored, after being shelled, in mud-plastered wicker containers, designed to be rat-proof. Tobacco is planted at the sides of the streams for hand-watering in the seedling stage, and then transplanted about January. The leaves are ready to be plucked about April and soon afterwards they are marketed. Sweet potatoes are planted in the rainy season, and are ready for eating in May. The stream gardens yield out-of-season crops—maize, beans, pumpkins, and also sugar-cane, which is used in the initiation ceremonies.

Craftsmanship

The Yao have few skills. All cultivation is by hoe; axes and knives are their only other technological equipment. The men make mats from reeds and palm leaf, and the women make pottery. The huts are strongly built from poles laced with bamboo and plastered with mud. The roof is thatched with grass. Under Arab influence the

[1] *Census of Native Population*, 1931, p. 26.
[2] Codrington, 1898, p. 517.
[3] Stannus, 4, 1922, p. 236; Macdonald, 1882, vol. i, p. 137.
[4] Aplin, 1931, p. 19.

2: Mitchell E-5 (1946-1949) 1956 FT7 Yao FT7

622 hut of one of Meya's wives. Meya's sister wrote a letter to tell him
558 of this and he replied that he could do nothing until he returned.
837 In 1946, Meya returned to be demobilized. The third night after his
166 return he questioned his wives about their fidelity during his absence. They at first held out against him but before long he intimidated them into admitting that they had slept with the village headman. Meya now went to complain to Mapata, who was Cikumba's perpetual mother's brother, and he said that he would come to the village the next day.

When Mapata came he confronted Cikumba with the accusation. Cikumba denied it until Mapata called the women. When they confessed Cikumba was forced to admit his guilt. Mapata now decided to call in an arbitrator, Isa, an important but unrelated headman who lived close at hand. Isa said he would come the following day when the matter could be thrashed out. When Isa and Mapata came they asked the women about the affair in public. They admitted the charge and Cikumba did not deny it. Isa then remonstrated with him for being a bad man and said that he was ashamed to hear about it. Cikumba had to pay £6 10s. to the injured man, Meya, who, however, refused to take it. He argued that Cikumba ought to have behaved as a father to him. But Cikumba had not. He, Meya, could not remain living in the village because his wives would be as Cikumba's wives. Isa said that he could not object because Cikumba had caused the trouble and had broken the village himself. How could he complain? Meya took two-thirds of the huts in the village away with him.

The Headman as a Representative of a Corporate Group

622 The headman is not only responsible for keeping the peace
689 between the members of his village, but he is also supposed to control his members in their relationships with other villages. If members take corporate action against other villages, even if they do so without the consent of the headman, the chief will consider the village headman responsible. This was brought out clearly in the relationships between Cikoja, Mapata and Masimbo in Chiwalo's section.

622 Cikoja and Mapata are two of the more important headmen in
689 Chiwalo's section. Masimbo is a minor village headman who lives
423 in Mapata's village area. The quarrel arose over the question of
226 fishing rights in a small pool lying between the two main villages. This pool was excavated by Cikoja and his villagers in 1924 during

2: Mitchell E-5 (1946-1949) 1956 FT7 Yao FT7

a severe drought, and he claimed the rights over it. One day in 1930, some boys from Mapata village came down to the pool with fish-poison. At about noon some boys from Cikoja's village arrived with their traps. When they saw the Mapata boys using fish-poison they told them to desist and tried to take away the fish. This led to a fight in which knives were drawn. One of Cikoja's boys ran back to tell him, and in anger he came down to the pool with some adults. The Mapata boys now ran back to Masimbo who immediately assembled some men and came to the assistance of the Mapata boys. The two groups joined battle immediately and there were casualties on both sides. Mapata heard about this and came running down to separate them.

The next morning they took the dispute to Chiwalo. He started by asking why Mapata had used fish-poison in someone else's pool without permission. Mapata replied that he did not know that his boys had gone down there. He said that Masimbo had told him about the conflict and that he had gone down to stop it. He was not aware of it before. Chiwalo now turned to Masimbo and said, 'Masimbo, you are in the wrong. You have caused the children to suffer. You went to make war because of your children. The people of Mapata, they are in the wrong because they did not report to the owner of the pool.'

When Cikoja was asked if he had anything to say he only replied that he was ashamed of what had happened because he was the first in the area, and until then they had been friends. The conflict had arisen because the children had done something which they did not know was wrong.

Chiwalo ordered Masimbo to pay 5*s.* and Mapata 6*s.* to Cikoja. He then told Cikoja that he should brew some beer and share it with the other two villages so that friendship might be restored and the children might go from village to village without fear. The chief's instructions were carried out and normal amicable relationships were re-established.

The way in which the villages acted as corporate groups is well illustrated by this incident. The responsibility of the village headmen for the activity of their members also emerges. The chief found Masimbo in the wrong for causing the fight, but he also fined Mapata because his boys had used fish-poison. The fines were paid by the village headmen, Masimbo and Mapata, to the village headman Cikoja, for they are the representatives of the corporate groups under them.

In no other field of village relationships is the corporate

3:Stanman D-5 (ca. 1912) 1922 FT7 Yao FT7

Strophanthus is specially reserved for poisoning arrows and it is doubtful if it is ever given by mouth; *Kombe* is the name used in this country, but there are two species of strophanthus in Nyasaland, *Strophanthus kombe* and *Strophanthus courmontii*. The seeds and bark are used and, less commonly, the root. They are mixed with the roots of a shrub called *Nchanimba*, pounded together and boiled, and the liquid used to anoint the arrows. The use of poisoned arrows is a Manyanja custom adopted to some extent by the Yao.

A number of poisons are also employed in catching fish, *Ngungu* and *Mtutu* being the most common, also *Kamsimbiko Ngochi* (*Nkudzi*, Chin.), and *Chingenge*.

Witchcraft. In my article on the Anyanja,[1] reference is made to witchcraft and *mfiti*. Beside the Nyanja *mfiti* or the Yao *msuwi*, all tribes as far as I know in Nyasaland have firmly fixed among their beliefs, the conception of the supernatural human-flesh eater. It is a little difficult to define the term *mfiti* or *msuwi*, as it has come to have the somewhat generalised sense of one who practices witchcraft, but the original meaning is defined by Scott,[2] a person who has acquired the knowledge of occult medicine by which he can kill his fellow men; "what makes the power so dreaded is not that the *mfiti* exercises this power for reasons of spite but (as is supposed), to eat the body of his victim." It is at once interesting to note that the word *mfiti* does not belong, according to Scott, to the personal class of nouns but to the *pa-as* class, which seems to imply that they believe a *mfiti* to be something outside the idea of a person. Among the Anyanja in Zomba district, however, the word belongs to the first class of nouns (the personal class) as also does *msuwi* in Chiyao.

The natives believe that any man in a village may be a *mfiti* or it might be more correct to say, is capable of changing into a *mfiti*. *Ufiti* is the state of being a *mfiti*; in Chiyao, *usuwi*.

As I have pointed out under *Diseases*, practically all illness and death are thought to be due to the machinations of some person or persons. The inciting motive which may cause a man to compass the death of another may be spite, revenge, etc., or the desires of *usuwi*. Until recent years, when the Government legislated to put down witchcraft, the charges of *usuwi* were everyday occurrences. Whether or not the prevalence of the idea of cannibalism has any substance in correspondingly frequent practice has never been and now probably never will be surely proved. Duff Macdonald believes it to be so.[3] It is true that native graves have been and are still rifled and that the graves of some Europeans have been so opened in the past, as I have learned from eyewitnesses. It seems probable that the graves were tampered with by natives with the object of removing the human remains, possibly to be eaten or to obtain portions of the body to use as charms. Mr. L. T. Moggridge,

[1] 'Notes on some tribes of British Central Africa,' op. cit., p. 202.
[2] Op. cit., p. 245.
[3] Africana, op. cit., vol. 2, p. 213-214.

3: Stannus D-5 (ca. 1912) 1922 FT7 Yao FT7

Both before and after the introduction of guns, the Yao used spears, *lipanga*, and bows, *ukanja*. The spear is a five foot long throwing spear with metal head and wooden shaft. No shield was used. Bows and arrows are made from the wood of the *tasa* or *pimbinyolo* tree. The string is made of tendon. A double-bellied bow called *ukanja wa mbama* was sometimes used, but, I believe, originally came from the Anyanja. The arrows, *mpambo*, have a metal arrow-head, and were often poisoned with *kombe*. 411

Hunting. The same weapons are used in hunting: the gun, the spear, and the bow and arrow. Smaller bows and arrows made with bamboo or reed shaft are also employed for shooting birds; one of the arrows has a blunt wooden head and serves to stun the bird. 224 411

From the Anyanja, the Yao learned the use of a harpoon for spearing the hippopotamus. The harpoon is a heavy spear-head of iron about eighteen inches long, attached to a rope and float. From the Anyanja, also, was learned the use of the falling-block with spear for killing hippo. [177]

Elephants are caught in staked pits, and the larger antelopes are similarly trapped in pits with the sides sloping inwards towards the bottom, so that as the animal falls lower and lower with expiration, it is eventually suffocated. 224

Small buck are driven by dogs into nets set for long distances in the forest, and then speared or shot. Traps are also set for these smaller antelope and for many other small animals, rodents, etc. Birds are shot or trapped. Bird-lime is also employed. It is prepared from the juices of a number of trees by pounding the vegetable matter in water; the sticky mass so made is applied to sticks or poles. The sticks are placed near drinking places so that the birds alighting to take water become entangled. The poles are affixed to trees so that they appear to be the topmost boughs; this the native does, recognising the common habit of birds to sit on the very top of trees. The strength of the bird-lime is made according to the size of the bird he wishes to catch. [231] 223

Fishing. I am not sure how far the Yao is a natural fisherman. Not long ago he used only a many-pronged spear to catch his fish. Since then, he has acquired from the Anyanja the knowledge of making fish-traps and nets, and of using the fish poison. When the Yao came to live and intermarry among the Anyanja, there was one practice of the latter which they would not adopt and which caused a good deal of ill-feeling. A Mang'anja man coming home after fishing always used to prepare the fish and, leaving some ready to cook, he cooked others for his wife, bringing her water at the same time to wash her hands. After eating her own fish, she cooked the rest for her husband. A Yao would never cook for his wife. 226 [578 563]

Traps. The following is a list of some of the traps I have found in use among the Yao. The sketches will serve to explain their mechanism better than a lengthy description. Some are very ingeniously made, and most recall similar traps made in other parts of the world. 224

1. *Lukwaji lwa litimula*, a trap for the cane-rat (Pl. XIX, fig. 1).

2. *Lukwaji lwa nkhindi*, a trap for sharp-toothed gnawing animals, so called from

3: Stanmus D-5 (ca. 1912) 1922 FT7 Yao FT7

Trapping and catching of animals is pursued with great glee by small boys. They make many of the traps, particularly the two kinds of *kilisu*, *chipoto*, *chijumba*, *chitewe*, *liwuwa*, and *ngau*. *Lilesa* is set in rat runs and the rats are driven into them (Pl. XX, fig. 6). Digging-out rats is a favorite amusement for the boys and brings meat to the pot. May is the best month for this sport. They are adepts at recognizing burrows which have rats inside. Digging is commenced at one entry to the rat-warren, the escape holes being closed with tufts of grass. As they get nearer the rat chambers, they smell the earth and so know when they are quite close to the rats. A bunch of grass is then put in this hole, lighted, and kept aglow by blowing on it. One of the rats will try to bolt and is knocked on the head. His head is then squashed to kill him effectually, and the skin of the tail of the first rat is always pulled off for luck, "so that they may catch many." They will try to guess how many there are going to be, "ten and ten and five and two!" Each rat when caught is buried under some earth, so that the hawks will not swoop down and carry it off. When they have finished one warren, one of the party is appointed to carry all the rats. He ties a string round his waist, and the rats are slipped underneath it and so secured. They then go on to another; the carrier will bear the whole catch for the day and may, before they have finished, have several strings of rats round his body, one above the other.

Digging-out crabs, *ku-kopa ngala*, is another favorite amusement for children; (*ku-kopa* is to dig up anything like mud which makes a squelching sound). Crabs are never eaten with flour, but always with *maseta*, the grain husks, "crabs and brown-bread!"

Youths and girls fish with a rod, line, wire hook, and worm, *ku-koposya samba*, to pull up fish. They also catch fish, using the fish poison, *mtutu*. Birds are killed with a bow and a blunt-pointed wooden arrow.

A small boy, seeing a girl or a younger boy with a cob of maize and wanting it himself, will say, "Let me make a path to the coast!" He will then remove, say a couple of rows of maize grains for himself, much to the interest of the owner; or "Let me make *ilemba*" (*ilemba* is a shaved band on the scalp), or "Let me make the crab's eyes!" when two solitary grains are left, surrounded by a simple ring of other grains, as the girl's portion.

Children are taught a little saying about their fingers which reminds one of the "This little pig went to market" of one's infancy. Starting with the little finger, they say:

"*Akaka kangateka kangateka!*"
"This little one (is) the one which cannot draw water!"

Pointing to the ring finger,

"*Kankulugwe njungunda!*"
"This little one's brother (is) the one that picks the nose!"

To the middle finger,

"*Njungunda sumala wandu!*"
"(The brother of) the one that picks the nose (is) the one who finishes men!"